



A MINUTE OF HEALTH WITH CDC

Buckle Up

Vital Signs: Passenger Safety

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Motor-vehicle crashes in the U.S. result in more deaths among people between the ages of five and 34 years than anything else. In 2009, approximately 2.3 million adult drivers and passengers were treated in emergency departments for injuries related to a car crash. Although auto manufacturers have added numerous safety devices to most new vehicles, seat belts are still your car's most effective safety feature. Studies show that wearing a seat belt reduces the risk of death and serious injury by nearly 50 percent. So buckle up every time you get on the road.

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